

March, April, May 2004
Senior Citizen Programs Division
www.lasvegasnevada.gov



“A Night at the Oscars” Saturday, May 15

- Take a walk down our red carpet past the paparazzi to an evening filled with great food,
- memorable entertainment and fabulous awards. If you or someone you know is 90 years
- or older you/they may qualify to attend this event. Call the Las Vegas Senior Center at
- 229-6454 for details on how to receive an invitation. Seating is limited, so call soon to get
- on the list.



Volunteers are needed for the City of Las Vegas Park Ambassador Program. Park Ambassadors greet visitors, distribute information about the City's recreational and cultural activities, and report any damaged equipment or maintenance problems. For more information, please call 229-4924.

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Partial funding for this brochure provided by



SENIOR DIMENSIONS®
a division of Health Plan of Nevada, Inc.

Derfelt Senior Citizens Center

Lana Reich, Center Coordinator

3333 W. Washington Ave. 229-6601

Open: Monday-Friday, 8 am-4 pm

Closed: May 31

TTY 386-9108 (for the hearing impaired)

Classes and activities are subject to change. Please call to verify times and dates. A nominal instructor's fee plus a one-time \$1 registration is charged per class. All class and activity participants must purchase a \$2 annual membership card. Notary service available.

♥Heart Healthy Activities

Monday

- ♥ 7:45 am Resistance Training
- ♥ 9:00 am Yoga Stretch
- 9:00 am Crochet/Knit
- 9:00 am Ukrainian Egg Design
- 10:00 am Party Bridge
- 10:45 am Self-Empowerment Workshop
- 11:30 am Party Bridge
- 12:00 noon Bridge World II

Tuesday

- 8:30 am Oil Painting
- 8:30 am Sign Language
- ♥ 9:00 am Tai Chi
- 10:00 am Line Dancing
- 10:00 am Spanish, beg.
- 10:30 am Ukulele Instruction
- 11:30 am Duplicate Bridge

Wednesday

- ♥ 7:45 am Resistance Training
- ♥ 9:00 am Yoga Stretch
- 9:00 am Quilting
- 10:00 am Silk Flower Arranging
- 10:00 am Ceramics & Crafts Workshop
- 12:15 pm Mah Jongg
- 1:00 pm Porcelain Doll-Making
- ♥ 1:00 pm Belly Dancing

Computer Classes Available:

For more information, call Nancy at 229-6601.

Old movies worth seeing again...

Wednesdays at 12 pm

March 24: **Manchurian Candidate**

F. Sinatra, L. Harvey

April 28: **Papillon**

S. McQueen

May 26: **Wait Until Dark**

A. Hepburn, A. Arkin

Cost: \$1 (includes popcorn)

Please let us know if you plan to attend.



Thursday

- 8:30 am T.O.P.S. Weigh-In, Blood Pressure Screening
- ♥ 9:00 am Tai Chi
- ♥ 10:00 am T.O.P.S. (Take Off Pounds Sensibly)
- 10:00 am Spanish, int.
- 10:00 am Watercolor, all levels
- ♥ 11:00 am Hula Dancing, beg. & int.
- 11:15 am Card Club (party bridge)

Friday

- ♥ 7:45 am Resistance Training
- 8:30 am Sign Language
- ♥ 9:00 am Yoga Stretch
- 10:00 am Writing for Pleasure
- 12:30 pm Ballroom Dance with JoJo

Class Highlights

Silk Flower Arranging

Each arrangement is unique because you select the color and style.

Wednesdays 10 am \$3 per class.

Ballroom Dance

The delightful JoJo will teach you the "joy" of ballroom dance. You will work on *two* different dances every week. (2 hours)

Fridays 12:30 pm \$4

Belly Dancing, Beginning

It's exotic, firming and fun! Learn to dance with veils while shimmying off those extra pounds.

Wednesdays 1 pm \$3 per class

Ceramics & Crafts Class

Learn the basic techniques of clay hand building and make functional objects such as bowls, mugs, jars and/or cylinders. Pottery tools needed. You must call ahead if you plan to attend. Fee does not include cost of supplies.

Wednesdays 10 am \$3 per class

Seminars & Workshops

Reflexology

Introduction and hands-on experience in the application of pressure to specific areas of the feet in order to promote improved circulation, balance, and relaxation.

Fridays, Mar. 5, 12, & 19 11 am \$4/session

Culture, Customs & Cuisine of India

Experience the authentic food and customs of this intriguing culture. Space is limited, so reserve your spot early.

Wednesday, March 10 11:30 am \$4

St. Patrick's Day Luncheon

Enjoy traditional corned beef and cabbage and some lively sing-a-long Irish music. Space is limited, please reserve your spot early.

Wednesday, March 17 12 noon \$3

Essential Oils, Introduction

Since biblical times essential oils have been used for comfort & healing.

Tuesdays, March 23 & 30 10:30 am \$3

Coffee & Readings

Our first one was a great success join us for the second. We provide the coffee, finger sandwiches and sweet treats...you bring your favorite poem or short reading to share.

Wednesday, March 31 11 am \$3

Art Exhibit by

Spring Mountain Ranch Artists

Monday-Friday,
March 1-April 2, 8 am-3 pm

Reception: Saturday,
February 28, 1-3 pm

Free admission



Art Exhibit by

Members of the Nevada Pastel Society

Monday-Friday, May 1-June 4, 8 am-3 pm

Special Reception: Saturday, May 1, 1-3 pm

Free admission.

"55 Alive"/Mature Driving Classes

Mon., March 1 & 8 12 noon-4 pm

Mon., April 5 & 12..... 12 noon-4 pm

Mon., May 3 & 10 12 noon-4 pm

Ukulele Instruction

Easy to learn and fun to play. In this class you will learn to play and sing ditties of many countries.

Inexpensive ukulele is o.k.

Tuesdays 10:30 am \$3 per class

Free! Tax Preparation by AARP

Tuesdays & Fridays, 9 am-12 noon

Appointments are necessary

Book Discussion Group

The books chosen are as diverse as the interests and opinions of this group of avid readers. Call ahead to find out what book is being discussed.

Thursdays, March 18, April 15, May 20 9 am

\$1 Class registration only

Birthdays by the Month for Members

One Friday each month we will celebrate the birthdays of that month with lunch and a special program. The celebrant may bring one guest. Call at least one week before.

Fee: \$1 registration; \$2 for your guest.

Fridays, March 26, April 23, May 21 11:30 am

Free! Probate & General Law Seminar

Representatives of the Senior Law Project will answer all your questions. Coffee and donuts provided.

Wednesday, May 5 11 am Free



Next Foot Care Clinic – April 8 11:45 am

Dr. Neal Marek, Podiatrist, will trim your toenails at **no charge**. Call for an early appointment.

Derfelt Senior Center Meetings

Park Ambassadors 10 am..... Thursdays..... March 11, April 2, May 6

Social Senior Singles 12 noon Mondays

All single adults, 50 and older, are invited for refreshments, games, guest speakers and local excursions.

To join this group, call 229-6601.

March 22 (St. Patrick's Day Celebration)

April 26 (Outdoor Picnic)

May 24 (TBA)

Doolittle Senior Center

Jerlys Henderson, Center Coordinator

1950 N. "J" St. at W. Lake Mead Blvd. 229-6125

Open: Monday-Friday, 8:30 am-5 pm

Closed: May 31

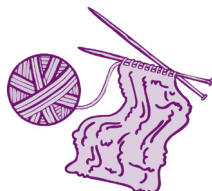
TTY 386-9108 (for the hearing impaired)

Classes and activities are subject to change. Please call to verify times and dates. A nominal instructor's fee plus a one-time \$1 registration is charged per class. All class and activity participants must purchase a \$2 annual membership card.

♥Heart Healthy Activities

Monday

- 8:30 am Dominoes
- 8:30 am Double Deck Pinochle
- 8:30 am Billiards
- ♥ 9:00 am Table Tennis
- ♥ 9:00 am Strength Training
- 10:00 am Country Western Line Dance
- ♥ 10:00 am Bowling
- 10:00 am Crafts, Knitting, Crocheting



Tuesday

- 8:30 am Dominoes
- 8:30 am Double Deck Pinochle
- 8:30 am Billiards
- ♥ 9:00 am Low Impact Aerobics
- ♥ 10:00 am Chair Exercise
- 10:00 am Crafts, Knitting, Crocheting
- 12:00 pm Bingo
- 1:30 pm Tole Painting
- 1:30 pm Piano Lessons



Wednesday

- ♥ 6:45 am Golf
- 8:30 am Dominoes
- 8:30 am Double Deck Pinochle
- 8:30 am Billiards
- ♥ 9:00 am Strength Training
- ♥ 9:00 am Table Tennis
- 10:00 am Crafts, Knitting, Crocheting
- ♥ 10:00 am Country Western Line Dance
- ♥ 12:00 pm Tai Chi
- 12:30 pm Movies (1st & 3rd Wed. of the mon.)
- 12:30 pm Sewing
- 12:30 pm Spanish, beg.



Thursday

- 8:30 am Dominoes
- 8:30 am Double Deck Pinochle
- 8:30 am Billiards
- ♥ 9:00 am Low Impact Aerobics
- ♥ 10:00 am Chair Exercise
- 10:00 am Crafts, Knitting, Crocheting
- 12:00 pm Bingo

Friday

- 8:30 am Dominoes
- 8:30 am Double Deck Pinochle
- 8:30 am Billiards
- ♥ 9:00 am Strength Training
- ♥ 9:00 am Table Tennis
- ♥ 12:00 pm Tai Chi

Activity Calendar

March

- 4 9:30 am Blood Pressure Check
- 11 10:30 am Menopause Seminar
- 18 9:00 am Foot Care Clinic
- 25 10:00 am Senior Law Project
- 25 11:00 am Joke Day
- 25 11:30 am Birthday Celebration

April

- 1 9:30 am Blood Pressure Check
- 6 9:00 am Hearing Screening
- 8 10:30 am Irritable Bowel Syndrome Seminar
- 15 9:00 am Foot Care Clinic
- 15 10:00 am Senior Law Project
- 20 9:00 am Vision Screening
- 22 11:00 am Joke Day
- 22 11:30 am Birthday Celebration

May

- 6 9:30 am Blood Pressure Check
- 13 10:30 am Hepatitis Seminar
- 20 9:00 am Foot Care Clinic
- 27 11:00 am Joke Day
- 27 11:30 am Birthday Celebration



AARP 55 Alive/Mature Driving Program

You must pre-register and attend both days.
Call for information.

Tuesday and Wednesday 10 am-2 pm Fee: \$10
March 9 & 10; May 11 & 12

More Doolittle Senior Center →

ARTS & CRAFTS

Crafts with Nicole

March 9, April 6, May 11 10 am \$2

Intro to Silk Flower Making

Learn how to make bows, boutonnieres, corsages, and floral arrangements/centerpieces.

Wednesdays, March 3–April 7 10-11:30 am

\$4/class



Tole Painting

Tuesday, March 2 1:30 pm \$10/project

DAY TRIPS

Old Nevada Tour

Van trip for a day of the “Old West”. Enjoy Old Nevada, shopping, Wild West Show, horseback/wagon ride (additional fee) and petting zoo. Bring lunch and water for a day of fun. Reservations required.

Wednesday, April 28 10 am-3 pm \$1

Trail Dusters

Join our easy hiking group or our more experienced group and hike the trails in Southern Nevada. Transportation from the center to hike location provided. Bring lunch and water.

Fridays 8:30 am-2:30 pm \$1

March 5-Valley of Fire White Domes

April 30-Cottonwood Valley

May 14-Mary Jane Falls

Valley of Fire Tour

Let us be your tour guides on this van outing to beautiful Valley of Fire. Just pack your lunch and enjoy the ride. Reservations required. Space is limited.

Friday, April 2 9 am-2 pm \$1

SERVICES

Senior Law Project

Thursday, March 25, April 15, May 20 10 am



EDUCATIONAL

Computer Classes

Session 1 Registration begins February 23

Classes begin week of March 1

Session 2 Registration begins April 26

Classes begin week of May 3

Keyboarding & Mouse T/Th 10-11 am

Intro to Windows* T/Th 12-1 pm

Microsoft Word* W 12-2 pm

Internet* M 1-3 pm

(*Prerequisites for these classes. Instructor approval needed.)

Computer Workshops

Using a CD Writer

Wednesday, March 31 12 noon-2 pm

Digital Camera (Bring your camera)

Wednesday, April 21 12 noon-2 pm

Picture It Publishing

Wednesday, May 26 12 noon-2 pm

HEALTH/WELLNESS

Blood Pressure Check

Thursdays, March 4, April 1, May 6 9:30 am

Foot Care Clinic

Clark County Health District staff will give you a foot massage and trim your toenails. Call 229-6125 for an appointment. You must be 60 years of age or older for this free service. Donations are welcome.

Thursdays, March 18, April 15, May 20 9 am

Hearing Screening

David Groom Hearing Center will check your hearing and advise how to care for your ears.

Tuesday, April 6 9 am

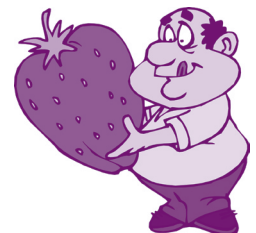
Vision Screening

Shepherd Eye Center technicians will check your vision and your eyes for cataracts and glaucoma.

Tuesday, April 20 9 am

Community Garden

Join our work crew and reap the benefits of fresh vegetables, fruits, and flowers. Call 229-6125 for details.



More Doolittle Senior Center →

Doolittle Senior Center (continued)

Special Events

Antique Appraisal Day

Bring your antiques (jewelry, toys, plates, coins, books or anything else) and have them appraised. A local appraiser will be available to answer questions.

Tuesday, April 13 1-4 pm

Pancake Breakfast

Start your morning off right. Come and enjoy pancakes, bacon, eggs, and juice.

Tuesday, April 20 9-11 am \$2

Memorial Day BBQ/Potluck Celebration

Bring a dish to share. Hamburgers and hotdogs provided.

Wednesday, May 26 11 am \$1 + side dish

Movies

Come join us at Doolittle Senior Center Cinema for an afternoon of movies and popcorn on the first and third Wednesday of every month. Call 229-6125 for a listing of movies and dates.

1st & 3rd Wednesday of the month 12:30 pm Free



Yard Sale

Spring Cleaning? Bring your items for a yard sale.

Wednesday, May 12 10 am-1 pm \$2/table



MARDI GRAS

Festival

Prizes • DJ • Music • Food

Come in costume and mask!

Call 229-6125 for details.

Saturday, March 20 12-4:30 pm \$1



SPORTS

Bowling at Santa Fe Hotel

Van leaves Doolittle Senior Center at 9:30 am

Mondays 10 am

Senior Golf

Join us every Wednesday at the North Las Vegas Par 3 course.

The van leaves the Center at 6:45 am for a 7:15 am tee time.

Call Michael Smith at 229-6125 for more information.

Dula Gym

Marilyn Loudon, Center Coordinator

441 E. Bonanza Rd. 229-6307

Open: Monday-Friday, 7:30 am-5 pm

TTY 386-9108 (for the hearing impaired)

Classes and activities are subject to change. Please call to verify times and dates. A nominal instructor's fee plus a one-time \$1 registration is charged per class. All class and activity participants must purchase a \$2 annual membership card.

♥Heart Healthy Activities

Monday

- ♥ 7:30 -11:00 am Paddle Tennis, int.
- 9:00 -12:00 noon Bowling
- 9:00 -12:00 noon Cribbage
- ♥ 11:00 -12:00 noon Senior Basketball
- ♥ 11:00 -12:00 noon Tap, int./adv.
- ♥ 12:00 - 3:00 pm Open Basketball
- ♥ 2:00 - 3:00 pm Fun Yoga



Tuesday

- ♥ 7:00 -11:00 am Pickle Ball
- ♥ 7:30 -11:00 am Paddle Tennis, beg.
- ♥ 8:00 -11:00 am Golf
- 9:00 -10:00 am Tai Chi
- ♥ 9:00 -11:00 noon Table Tennis
- 10:00 -12:00 noon Women's Discussion Group
- 11:00 -12:00 noon Scrap Book Fun
- ♥ 11:00 -12:00 noon Senior Basketball
- ♥ 12:00 - 3:00 pm Open Basketball
- ♥ 12:00 - 2:00 pm Tap, int./adv.

Wednesday

- ♥ 7:30 -11:00 am Paddle Tennis, int.
- 9:00 -12:00 noon Cribbage
- 10:00 -12:00 noon Round Table
- ♥ 1:00 - 3:00 pm Open Basketball
- ♥ 2:00 - 3:00 pm Silver Sensations
- 6:00 -10:00 pm Chess



Thursday

- ♥ 7:30 -11:00 am Paddle Tennis, beg.
- ♥ 7:30 -11:00 am Pickle Ball
- ♥ 8:00 -11:00 am Golf
- ♥ 9:00 -11:00 noon Table Tennis
- ♥ 11:00 -12:00 noon Senior Basketball
- ♥ 12:00 - 2:00 pm Tap, int./adv.
- ♥ 12:00 - 3:00 pm Open Basketball
- ♥ 2:00 - 3:00 pm Fun Yoga
- ♥ 6:00 - 8:00 pm Senior Basketball
- ♥ 6:00 - 8:00 pm Senior Volleyball



Friday

- ♥ 7:30 -11:00 am Paddle Tennis, int.
- 9:00 -12:00 noon Cribbage
- ♥ 11:00 -12:00 noon Senior Basketball
- ♥ 12:00 - 3:00 pm Open Basketball
- 2:00 - 4:00 pm Movies & Popcorn

Saturday

- ♥ 12:00 - 2:00 pm Table Tennis
- ♥ 2:00 - 3:00 pm Silver Sensations
- 2:00 -10:00 pm Special Events/Rentals

Sunday

- 8:00 -12:00 noon Special Events/Rentals
- ♥ 12:00 - 2:00 pm Badminton
- 6:00 - 8:00 pm Special Events/Rentals

3 on 3 Basketball

This is a league for those players who just want to have fun.

Senior Fitness Room

Improve your health and fitness.

Training is available by appointment.

Open: Monday-Friday 7:30 am-5 pm Free

Equipment: Treadmill • Stepper • Universal

Machine • Bicycles • Free Weights

Tax Preparation

Volunteers will prepare taxes for low to moderate income families at no cost.

Free electronic filing.

Call 229-6307 to schedule an appointment.

thru April 15, 2004



More Dula Gym Activities →

Dula Gym (continued)



Hiking “Seniors in Motion”

Join other hikers, walkers and people who enjoy the outdoors. We'll hike Mt. Charleston, Red Rock and the Lake Mead area.

Our hikes meet at 8 am at Dula Gym on the following Thursdays:

Easy	March 4
Moderate	March 11
Difficult	March 18

Easy	April 1
Moderate	April 8
Difficult	April 15

Easy	May 6
Moderate	May 13
Difficult	May 20



City of Las Vegas Bocce Leagues 2004 Schedule

Bocce is a game that anyone can play. A league is offered for intergeneration play at Patriot Park (Decatur and Alexander) on Tuesday and Thursday evenings from 7 pm to 9:30 pm. If you want to learn how to play, we'll teach you. Sign up as an individual and we'll put your name on a team or bring your own team. This is a 7-week league.

Fee is \$10 per individual.

Call Dula Gym at 229-6307 for further information.



Join the fun and enjoy our parks!

Women's Discussion Group

Join other women, twice a month, to discuss issues relevant to our health, current events, good looks, and more. Call Marilyn Loudon for details. Meetings are held on the first and third Tuesday of each month.

Round Table Discussion Group

The most fun, social, recreational and educational group around. Join this discussion group and enjoy meeting new friends and hearing interesting speakers each week. We love potlucks, picnics and good humor. Everyone is welcome! Topics range from current legislation, health, history, fitness and travel.

Customer Service Statement

The Department of Leisure Services is committed to fair, honest and professional treatment of all individuals and organizations with whom we serve. We fully support the Americans with Disabilities Act (ADA) and are dedicated to customer satisfaction.

East Las Vegas Community/Senior Center

Kristen Carducci, Recreation Activities Specialist

250 N. Eastern Ave. 229-1515

Open: Monday, 9 am-6 pm Tuesday-Friday, 9 am-9 pm
Saturday, 10 am-6 pm Senior Programs: Monday-Friday, 8 am-5 pm

Closed: May 31

TTY 386-9108 (for the hearing impaired)

Classes and activities are subject to change. Please call to verify times and dates. A nominal instructor's fee plus a one-time \$1 registration is charged per class. All class and activity participants must purchase a \$2 annual membership card.

Ongoing activities include cards, dominoes, and chess.

Note: On the following page, you will find a brief description for the activities marked with an asterisk

♥Heart Healthy Activities

Monday

- ♥ 9:00 am Mat & Stand Up Exercise
- 9:00 am Computer Classes, int.
- 10:00 am Cribbage
- ♥ 10:00 am Chair Exercise
- 11:00 am Las Vegas Library (check out books)
- 11:00 am Voice Lessons
- 11:30 am Lunch
- 12:30 am Computer Classes, adv.
- 1:00 pm Teddy Bear Club
- 1:00 pm Pottery
- ♥ 2:00 pm Round Dance



Tuesday

- ♥ 8:00 am Walking Group
- 9:00 am Bowling Classes
- 9:00 am Computer Classes, beg.
- 9:00 am Oil Painting
- 9:30 am Social Seniors*(1st & 3rd Tuesday)
- 10:00 am Crochet and Knitting
- ♥ 10:00 am Tai Chi
- ♥ 11:30 am Polynesian Dance
- 11:30 am Lunch
- 1:00 pm Cha Cha
- ♥ 5:30 pm ESL Classes
- ♥ 7:00 pm Square Dancing



Computer Classes

Beginning Tue. & Fri., 9-11 am or 12:30-2:30 pm
 Intermediate Mon. & Wed., 9-11 am
 Advanced Mon. & Wed., 12:30-2:30 pm
 Open Lab Please call for availability

Wednesday

- ♥ 9:00 am Mat & Stand Up Exercise
- 9:00 am Computer Class, int.
- ♥ 10:00 am Chair Exercise
- 11:00 am Piano
- 11:30 am Lunch
- ♥ 11:30 am Korean Folk Dance
- 12:30 pm Computer Class, adv.
- 1:00 pm Diabetic Group**
- 1:00 pm Arts & Crafts Class*****
- 2:00 pm Poetry Club
- 5:30 pm ESL Classes

Thursday

- ♥ 8:00 am Walking Group
- 9:00 am Ceramics*****
- ♥ 9:00 am Yoga
- 9:00 am Open Computer Lab
- 9:30 am Cards (Rummy, Pinochle, Bridge & Canasta)
- 10:30 am Strength and Flexibility Class
- 11:30 am Lunch
- ♥ 1:00 pm Ballroom Dance***
- 2:00 pm Scrapbooking
- 5:30 pm ESL Classes
- ♥ 7:00 pm Square Dancing



Friday

- ♥ 9:00 am Mat & Stand Up Exercise
- 9:00 am Computer Class
- ♥ 10:00 am Chair Exercise
- 10:00 am Senior Law Project (Call 229-6596 for appointment.)
- ♥ 11:00 am Line Dancing
- 11:30 am Lunch
- 12:30 pm Show Troop
- 1:00 pm Movie Madness (cold soda, popcorn, & a movie)
- 5:30 pm ESL Classes

New classes start all the time!!
 Call 229-1515 for any questions you may have.

More East Las Vegas Activities →

East Las Vegas Community/Senior Center (continued)

Class Highlights:

* Social Seniors

We have put together a group of seniors who like to stay busy. Come and see what we're up to. We meet the first and third Tuesday of each month at 9:30 am.

** Diabetic Support Group

We share recipes and stories on what has helped us and what hasn't. A nutritionist from UNLV will be showing us the do's and don'ts associated with being diabetic. Healthy refreshments are also provided. We meet Wednesdays at 1 pm.

*** Ballroom Dance Class

Get your dancing shoes on! Learn dancing in a fun and easy manner with an experienced instructor. You will learn everything from the foxtrot, to the waltz and the tango. Partners are not required. Class meets every Thursday from 1-3 p.m.

****Strength and Flexibility

The emphasis of this class is on balancing, strength and flexibility; while improving circulation. Learn to properly apply stretching techniques that can help you avoid injuries and enhance your performance and increase your flexibility. Every Thursday at 10:00 am.

*****Arts and Craft Series

We have put together several arts and crafts projects to do. These projects are fun and easy. No craft experience needed. Light refreshments will be provided. Wednesdays at 1:00 pm.

*****Pick and Paint Ceramics

Bring out the artist in yourself!!
Come and pick out your ceramic piece and paint it to your liking. This class meets every Thursday at 9:00 am.

Lunch

Please come and join us for lunch
The East Las Vegas Senior Center offers Lunch every Monday thru Friday from 11:30 till 12:30 for only \$2.00 per person.

Pancake Breakfast

We will be having Pancakes, Eggs and Bacon with Coffee and Juice to drink.
March 25, April 15, May 20 8:30-10 am \$2/person

Happy Birthday!

Come celebrate your birthday with us.
1st Wednesday of the month 12:30-1 pm

Rag Ball World Series

Rag ball is similar to softball and we will for teams from those who attend this fun event. All are welcome. If you can't play, you can cheer your team on! We will be lighting up the BBQ after the morning game. Call Kristen at 229-1515 for more details.
Wednesday, April 28 10 am

Free! AARP Income Tax Preparation

Do you need help preparing your income taxes? Volunteers from AARP will be available to assist you. This is a free service to anyone 55 or older. You will need to bring copies of your previous years taxes and all current years paperwork. We will be filing electronically. Please call 229-1511 for an appointment.

Home Improvement Workshops

9-11 am	Call for reservations
April 15	Gardening
May 13	Maintaining your Air-Conditioner

AARP 55 Alive/ Mature Driving Program

Nevada State Law allows for a discount on your auto insurance premium when you successfully complete this course. You must pre-register and attend both days. The fee is \$10.
Please call 229-1515 for information and to register for the class. Classes will be held at the East Las Vegas Community/Senior Center.
9:30am to 1:30pm
March 15th & 16th
April 19th & 20th
May 17th & 18th

Foot Care Clinic

Foot Care March 17, April 21 & May 19
8:30 am to 4:00 pm
Come in for a free toenail trimming, courtesy of the Clark County Health District.
For ages 60+ only. Sorry, no diabetics.
Donations are welcome. Call for an appointment.

Senior Water Aerobics

Water fitness classes will be held in June, July and August
Monday and Wednesday, 9-10 am
\$1.50 per class or \$30 for the whole summer
Please call 229-1515 to register

East Las Vegas Community Senior Center (continued)

St. Patrick's Day Party

Come and celebrate the luck of the Irish!! We will be serving the traditional corned beef and cabbage. Please call 229-1515 for reservations; space is limited.

Wednesday, March 17 11:30 am \$2/person

Mothers Day Luncheon

We would like to honor all mothers and those who love them with a special luncheon. Please call 229-1515 for reservations; space is limited.

May 10 11:30 am-1 pm \$2

Murder Mystery Luncheon

May 27 1 pm \$5/person

Picture yourself attending a small private party where you and invited friends are the cast. Excitement turns to horror as a murder is discovered and the guests must decide who amongst them has committed the crime. To reserve your role in this premier production, please call 229-1515. Roles in this Murder Mystery are limited.

2nd Annual Nevada Health Care Planning Day

April 22, 2004 9:30 am - 3:00 pm

Come join us for free food, entertainment, healthcare screening and legal assistance.

The 2nd Annual Nevada Health Care Planning Day at the East Las Vegas Community Senior Center. This is a FREE event open to all Clark County residents 50 years of age and older. There will be a FREE breakfast and lunch provided. Several health care providers and pro bono attorneys will be available to answer any questions you may have.

Open House May 8, 2004

1:00 pm till 4:00 pm

The East Las Vegas Community and Senior Center will be having their 2nd Annual Open house. There will be food, demonstrations & live performances! Call 229-1515 for more information.



If you are age 50 or older, we invite you to join us for these fun excursions. Reservations are required. Please call Stephanie Richard at 229-4924 to reserve your spot. We meet at Lorenzi Park, W. Washington Avenue, west of Rancho Drive. There is a extra \$1 fee for transportation per trip.

March

Movie Club & Breakfast

Tuesday, March 9 9:15 am-2 pm
Fee: \$5 + Breakfast

Bargain Finder

Come join us as we hunt for bargains at yard sales, thrift stores and more.
Friday, March 19 8 am-1:30 pm
Fee: Free + Lunch

Nellis Air Force Base

F-A 22 Raptor Tour
Wednesday, March 24 9:45 am-2 pm
Fee: Free + Lunch

April

Clark County Fair in Logandale

Friday, April 9 9 am-2:30 pm
Fee: \$5 per person

Channel 3 KVBC Behind the Scenes Tour

Tuesday, April 13 10:45-2:30 pm
Fee: Free + Lunch

Movie Club & Breakfast

Thursday, April 22 9:15 am-2 pm
Fee: \$5 + Breakfast

May

Movie Club & Breakfast

Tuesday, May 4 9:15 am-2 pm
Fee: \$5 + Breakfast

Nevada Ballet Theatre School Time Matinee Series Giselle

Friday, May 14 9:30 am-2 pm
Fee: \$5 per ticket
(payment due by Wed., April 28)

Red Rock Mountains

Wednesday, May 26 10 am-2 pm
Please bring a sack lunch
Fee: Free

Lieburn Senior Center

Pete Priest, Center Coordinator

6230 Garwood Ave. (US-95 & Jones) 229-1600

Open: Monday-Friday, 8:30 am-4 pm

Closed: May 31

TTY 386-9108 (for the hearing impaired)

Classes and activities are subject to change. Please call to verify times and dates. A nominal instructor's fee plus a one-time \$1 registration is charged per class. All class and activity participants must purchase a \$2 annual membership card.

♥Heart Healthy Activities

Monday

- 10:00 am Computer, beg.
- 11:30 am Computer, adv.
- 12:00 noon Lieburn "Game Club"
- 12:00 noon Lieburn Hearts
- 1:00 pm Open Computer Lab
- ♥ 2:00 pm Ballroom Dance Practice

Tuesday

- ♥ 9:30 am PACE (Armchair Exercise) Class
- 10:00 am Watercolor/Oil Painting
- 12:00 noon Open Computer Lab
- ♥ 1:00 pm Power Stetch



Wednesday

- 10:00 am Learning the Internet
- 12:00 noon Open Computer Lab
- 1:00 pm Lecture Series (1st Wednesday of month)

Thursday

- ♥ 10:30 am Low Impact Aerobics
- 12:00 noon Chinese/American Mah Jongg
- 12:00 noon Open Computer Lab
- ♥ 2:00 pm Ballroom Dance Practice
- 2:30 pm Home Improvement & Repair
(3/4, 3/18, 4/8, 5/13, 5/27)



Friday

- 10:00 am Blood Pressure/Heart Rate Checks
(1st Friday of month)
- ♥ 10:30 am High Impact Aerobics
- 12:00 noon Pinochle
- 12:00 noon Open Computer Lab
- 1:00 pm Bingo

Upcoming Classes: Adult Water Fitness Classes (Garside Pool) beginning in June; Tai Chi Classes and ceramics. Please call 229-1600 for more information or to sign up for these classes.

Special Events

Pre-registration is required for all special events.

Leprechaun Luncheon

Join us for a traditional corn beef and cabbage lunch, as we celebrate St. Patrick's Day. Wear something green to get in the door! Look for leprechauns hiding out amongst the festivities! Please register by March 12.

Wednesday, March 17 11 am-1 pm \$3

Patio Picnic

Come and enjoy the spring weather with an outdoor patio picnic. Bring your favorite side dish to complement the sandwiches and drinks we will provide. Bring a blanket and your favorite poem to share! Please register by April 9.

Wednesday, April 14 11 am-1 pm Free

Mother's Day Luncheon

The Lieburn Senior Center would like to recognize all the 'moms' out there by having a luncheon in their honor. This event is free to all senior 'moms'. Please register by May 3.

Friday, May 7 11 am-1 pm Free

Memorial Day B-B-Q

Join us as we hold our Inaugural Memorial Day B-B-Q. Look for all the fixin's as we grill up burgers, hot dogs, and chicken, with all the side dishes. Please register by May 21.

Friday, May 28 11 am-1 pm \$3

Community Garden

Come join master Gardener, Pat Westlund and help plan our very own community garden.

Lieburn Senior Center Meetings

Daughters of the Utah Pioneers.....Mondays.....March 8, April 12, May 10.....12 noon

Workshops

Pre-registration is required for all workshops. Please call 229-1600 to register.

AARP 55 Alive/Mature Driving Program

Nevada State Law allows for a discount on your auto insurance premium when you successfully complete this course. You must pre-register and attend both days. Please register no later than March 5 and May 5 for each respective class.

March 10 & 11 or May 12 & 13 12 noon- 4 pm

Women's Topics Lecture Series

The Area Health Education Center (A.H.E.C.) will be hosting a series of lectures. Topics include arthritis, hormones and nutrition and many other important subjects.

Wednesday, June 2 1-2 pm Free

Spinal Care Lecture

Dr. Jeff Rosenberg will be conducting a lecture concerning spinal care.

Wednesday, March 24 2 pm Free

Home Improvement & Repair

Alan Biddle, Licensed Contractor, will be conducting a series of workshops/classes on plumbing repairs, electrical, drywall, painting and outside sprinkler and valve problems. Safety training will be conducted on the first class, as well as a question/answer session to find out what YOU would like to learn; classes will be based on your input.

March 4 & 18; April 8 & 22; May 13 & 27
2:30-4 pm \$3 per class

Class Descriptions

Call 229-1600 for specific details. Early registration is recommended for all classes.

Blood Pressure/Heart Rate Checks

Free blood pressure and heart rate checks on the first Friday of the month from 10 am-noon. No appointment is necessary. All statistics will be written down for you to keep for your records.

Computer

Learn the basics in our beginning computer class, and progress to our intermediate class. Classes are held on Mondays for four-week sessions. Cost is \$20/session, payable first day of class.

Learning the Internet

This class will teach basic to advanced information on how to successfully 'surf the net'. Classes are held on Wednesdays, from 10-11:30 am for four weeks. Cost is \$20/session, payable first day of class.

Open Computer Lab

Open Computer Lab is available on Monday from 1-4 pm and Tuesday-Friday from 12-4 pm. Enjoy high-speed access to the Internet. Unlimited use for a \$1/visit and 5¢/page to print. First come, first served basis.

Water Fitness

This program will be offered every Tuesday and Thursday from 9:30-10:30 am, June 8-August 14, at the Garside Pool, 300 S. Torrey Pines. This class is on a drop-in basis with a fee of \$1.50/class. Free to Senior Dimensions members.

Low Impact Aerobics

This exercise class uses slow, steady movement with one foot always in contact with the floor and focuses on flexibility and muscle toning movements. Some chair exercises are incorporated. This is an excellent 'starter' class for anybody interested in getting in to shape. Class is held Thursdays from 10:30-11:30 am for a fee of \$3/class.

High Impact Aerobics

This exercise class uses high-paced music, focused more on cardiovascular fitness. There are a lot of upbeat movements with some challenge involved. This class is recommended for seniors who are already involved in fitness and in moderately good physical shape. Be prepared for a good workout! Class is held Fridays from 10:30-11:30 am for a fee of \$3/class.

Pace (Armchair Exercise)

This class was designed for arthritis patients, and utilizes gentle stretching and strengthening exercises performed while seated in an armchair. The techniques taught in this class are designed to strengthen and improve posture and increase mobility. Class is held Tuesdays from 9:30-10:30 am. Fee is \$3/class.

Power Stretch

This exercise class involves seated stretching exercises, as well as modified stretches utilizing various common apparatus such as a chair or a doorframe, so students can practice these many stretch exercises at home. This class does require a minimum number of students. Class is held Wednesdays from 1-2 pm. Fee is \$3/class.

Las Vegas Senior Center

Lettie Peters, Center Coordinator

451 E. Bonanza Rd. 229-6454

Open: Monday-Friday, 8:30 am-10 pm Saturday, 9 am-10 pm

Closed: May 31

TTY 386-9108 (for the hearing impaired)

Classes and activities are subject to change. Please call to verify times and dates. A nominal instructor's fee plus a one-time \$1 registration is charged per class. All class and activity participants must purchase a \$2 annual membership card. Pool room open daily. This is a non-smoking facility.

♥ Heart Healthy Activities

Monday

- ♥ 9:00 am "Fitness after 50"/Aerobics w/Mary Lou
- 10:00 am China Painting
- 10:00 am Ribbon Leis
- 12:00 noon Chinese Mah Jongg
- 12:00 noon Silver Aces Duplicate Bridge Club
- 12:00 noon Scrapbooking Class
- 1:00 pm Woodcarving & Wood Burning Group*
- 1:00 pm Bingo (50¢)
- 3:30 pm Big Band Rehearsal
- ♥ 7:00 pm Hula Dance Class



Tuesday

- ♥ 9:00 am Aerobics
- 10:00 am Needlepoint
- ♥ 10:30 am Tap Dance, beg.
- ♥ 11:30 am Tap Dance, int.
- 1:00 pm Japanese Embroidery
- 1:00 pm Porcelain Doll-Making
(12 noon on 2nd Tuesday)
- ♥ 1:00 pm Cowboy Mike's Line Dance
(12 noon on 2nd Tuesday)
- 3:30 pm Big Band Rehearsal
- ♥ 7:00 pm Square Dance Workshop



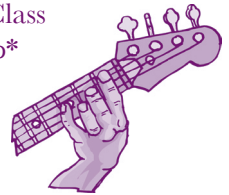
Wednesday

- ♥ 9:00 am Aerobics w/Medina
- 9:00 am Tripsters Training
(except 1st Wed. of month)
- 9:00 am China Painting
- 9:00 am Ukrainian Egg Design w/Zoria
- ♥ 10:30 am Tai Chi/Chi Kong
- ♥ 1:00 pm Ballroom Dance Class
- 1:00 pm Cooking for 1 or 2
- 1:00 pm Movie
- 4:00 pm Desert Wins Duplicate Bridge
- 5:00 pm Hula Band Practice
- 7:00 pm Ceramics Class
- ♥ 7:00 pm Hula Dance Class



Thursday

- ♥ 9:00 am Aerobics
- 9:00 am Crochet and Knit
- 10:00 am Humanities Discussion Group
- 10:30 am Quilting Workshop
- 11:00 am Ukulele, beg.
- 12:00 noon Hawaiian Ukulele Class
- 1:00 pm Tole Painting Group*
- 1:00 pm Guitar, beg.
- 1:00 pm Afternoon Movie
- 1:00 pm Quilting
- 2:00 pm Guitar
- ♥ 3:00 pm Cowboy Mike's Line Dance
- 5:30 pm Guitar
- 7:00 pm Frontline Recovery Group
- ♥ 7:00 pm Square Dance
- 7:00 pm United Volunteer Crafters (Ceramics)



Friday

- ♥ 9:00 am "Fitness after 50"/Aerobics w/Mary Lou
- 9:00 am Oil Painting Class
- 10:00 am Spanish, beg.
- ♥ 10:00 am Tap Dance, beg.
- 10:00 am Library Connection
- 11:00 am Belly Dancing
- 11:30 am Golden Age Card Club
- 12:00 noon Chinese Mah Jongg
- 1:00 pm Sing-along **Fun, Fun, Fun**
- ♥ 5:00 pm Hula, beg.
- 6:00 pm Educational Videos
- 7:00 pm Hula, adv.



Saturday

- 9:00 am Ceramics Class
- 9:00 am Hula Dance
- 10:00 am Ribbon Leis
- 12:30 pm Duplicate Bridge Club
- 1:00 pm Ceramics Workshop (no instruction)
- ♥ 2:00 pm Swing Dance
- 6:30 pm Ballroom Dance (Social)

*These groups are new and have no instructors, space and time have been set aside so that a social activity can take place to foster new friendships and share skills and ideas. Come learn a new skill or share your current skills with others.

Workshops/Programs/Classes

Please Call 229-6454 to sign up for all workshops no later than one week prior to start date of class.

Nevada Car Laws A to Z

The City of Las Vegas Senior Law project will be hosting this informative workshop on laws that effect Nevada car owners and drivers. Lemon laws, buyers remorse, sellers and buyers do's & don'ts and many other topics will be covered. Please feel free to bring any questions to this legal eagles team. Please sign up in advance by calling 229-6454.

Thursday, April 29 10 am Free

Utility Tax Rebate Program

Monday & Wednesday only 9 am-12 noon & 1-3 pm Free
Service available through March 15.

Walk-ins Welcome/No appointment necessary

Bring copies of your utility bills, phone, power, and gas.

Call 229-6454 for additional information.

Requirements: 60 years of age

Taxable Income: Single \$16,500

Married or head of household \$18,900

Resident of the City of Las Vegas



Health Services

Most of our Health Services are free and available by appointment only.

Please call 229-6454 to schedule an appointment.

Foot Care Clinic

March 4, April 1, May 6 8:30 am-12 noon

Come in for a free foot massage and toenail trimming, courtesy of the Clark County Health District. This service is for ages 60+ only. Sorry, no diabetics. Donations are welcome. Call for an appointment.

Eye Screening

Tuesday, May, 18 9-10:30 am

Shepherd Eye Center technicians will check for cataracts, glaucoma, and vision. Call to make appointment.

Income Tax Preparation

Volunteers from AARP will be here to assist you in preparing your income taxes. This is a free service to seniors; donations are accepted. Please bring copies of your previous years taxes and all current year paperwork to your appointment.

Call 229-6454 to make an appointment.

Monday-Friday, through April 15 9 am-12 noon Free

AARP 55 Alive/ Mature Driving Program

Nevada State Law allows for a discount on your auto insurance premium when you successfully complete this course. You must pre-register and attend both days. The fee is \$10. Please call 257-9555 for information and to register.

Classes held at the Las Vegas Senior Center.

Class Time: **1-5 pm** **6-10 pm**

March 17 & 24 15 & 16

April 21 & 28 19 & 20

May 19 & 26 17 & 18

June 16 & 23 21 & 22



Monthly Las Vegas Senior Center Meetings

Meetings

	Time	Date
Beta Sigma Phi Sorority.....	7-9 pm.....	March 1, 24; April 5; May 3
Clark County Gem Club	7-9:30 pm.....	1st Monday
Tripsters	1-3 pm.....	2nd Tuesday
Volunteer Services Committee.....	10:10-11:30 am	1st Wednesday
Senior Citizen's Originals	11:30-1:00 pm.....	2nd Wednesday
National Association Of Ceramic Duncan Teachers	12:30-2:30 pm.....	2nd Saturday
Las Vegas Numismatic Society	6-9:30 pm.....	2nd Saturday

Ongoing Activities

Grocery Getters



Tired of carrying grocery bags from the bus stop to your front door?

Let us help you! Every Tuesday we will take you grocery shopping to the Super

Wal-Mart on Charleston & Decatur, then drop you off at your front door. Please be at the center by 10 am. You must sign-up in advance; space is limited to the first nine who pay to reserve their seats. No refunds for cancellations.

Service provided to 89101, 89102, 89104, 89106, 89107 & 89110 zip codes only.

Tuesdays	10 am	\$1.50
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Open Computer Lab

We now have a computer lab for all members to use. Access or set up e-mail, surf the Internet, type letters, play games, learn basic computer skills. Computer lab aids available for assistance.

Monday-Thursday, 10 am-12 noon	Free
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Computer Classes

(Please call for dates of upcoming sessions)

Basic Keyboarding	Mondays	9-10 am	\$12
Intro to Windows	Wednesdays	1-2 pm	\$12
Intro to Word	Tuesdays	8:30-9:30 am	\$12

Educational Videos of Interest

Watch free educational videos, documentaries from PBS, and National Geographic Society.

Fridays 6-8 pm

Afternoon at the Movies

Come join us for our Thursday afternoon movie in the lobby. Please call two days prior for upcoming movie title or stop by the center.

Wednesdays & Thursdays	1 pm	Free
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Soda & Popcorn available for \$1

Feel Better & Live longer with our

"Health is Wealth" Discussion Group

Come join retired Pharmacist and Nutritionist Fred Greenberg for monthly discussions on nutrition, exercise and drug interactions. Bring your questions.

2nd Wednesday of the month 9-10 am

Woodcarving & Wood Burning Group

Come learn or improve your woodcarving or wood burning skills with others who share the same interests.

This group meets and works on individual projects every Monday.

Mondays	1-3 pm	Free
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Humanities Highlights Group

The Humanities Discussion Group meets at the Las Vegas Senior Center every Thursday at 10:00 a.m. they enjoy a wide variety of speakers and topics. Call 229-6454 for information about upcoming speakers.

Thursday	10 am	Free
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Diabetic Classes

First Saturday of every month. Topics covered are overview of monitoring, treatment and complications and nutrition associated with Diabetes.

March 6, April 3, May 1	10 am- 1 pm
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Ceramics Class

Join Marilyn every Wednesday and Saturday for the best

ceramics instruction in town.

All skill levels are welcome

to join the class at anytime. In

this class students make vases, figurines, plates, holiday items, etc. Learn every aspect of the art

of ceramics from green ware to glazing. Stop by the center at anytime to our classes wonderful ceramics display.

Wednesdays	7 pm
Saturdays	9 am

Las Vegas Senior Center (continued)

Special Events

Please purchase tickets for all special event in advance at the switchboard.

“Under the Rainbow” St. Patrick’s Day Luncheon

Come and enjoy a meal of corn beef and cabbage. Search for the pot of chocolate gold coins at the end of the rainbow.

Wednesday, March 17 11:30 am \$3

Chicago Style Luncheon

Cubs or no Cubs, Chicago has some of the best food around. Join us for Chicago style hotdogs, Chicago style pizza and more.

Thursday, April 15 11:30 am-1 pm \$3

Mexican Fiesta

Cinco de Mayo has passed but we are still celebrating Mexico’s independence with a healthy serving of tacos, Mexican salad, refried beans, Spanish rice, and dessert.

Thursday, May 20 11:30 am \$3

Pancake Breakfast

Have breakfast at our place. Join us for pancakes, eggs, sausage and more at the Las Vegas Senior Center. Eat before or after your morning class, or just come down and join us for a great morning treat. Call 229-6454 to sign up for the event. Breakfast is served the second Wednesday of the month.

Wednesday, March 10, April 14, May 12
8:30-10:00 am \$2 per person

Billiards & Bandits Tournament

This double elimination 9 Ball Tournament will be a great way to prove your Billiard skills. It may be on April Fools Day but the only fools will be the losers, and the winner will walk away with the \$20 cash prize. Must sign-up by March 30 to play.

Thursday, April 1 1 pm Entry fee: 50¢

Rag Ball Game

Just like when you were kids playing in the street. Same rules, different decade the Las Vegas Senior Center will be putting together a Rag Ball team to play the East Las Vegas Senior Center. Lunch will be provided to all players and the game will be held at East Las Vegas Senior Center. If you are interested in playing or being a part of our cheerleading squad please call Matt at 229-6454.

Wednesday, April 28 10 am Free

Dances

Join us at the Las Vegas Senior Center for Weekly Social Ballroom Dances. Dance to the great music of the Boyd Coulter’s Good Times Band.

Saturdays 6:30-9:30 pm \$3



13th Annual 90 Plus Banquet

- “A Night at the Oscars” Saturday, May 15
- Take a walk down our red carpet past the paparazzi to an evening filled with great food,
- memorable entertainment and fabulous awards. If you or someone you know is 90 years
- or older you/they may qualify to attend this event. Call the Las Vegas Senior Center at
- 229-6454 for details on how to receive an invitation. Seating is limited, so call soon to
- get on the list.



COME join the Fun!

Upcoming Special Events for June, July, August
Big Luau.....June 17.....11:30 am
Red, White & Blue BBQ.....July 1.....11:30 am
Ice Cream Social.....July 22.....1 pm
Beach Blast.....August 19.....11:30 am
Corn Boil.....August 21.....11-1 pm

Northwest Senior Center

Amy M. Solich, M.P.A., Recreation Activities Specialist

6841 W. Lone Mountain Rd. 229-4794

Open: Monday-Thursday, 8 am-4 pm; Friday, 8 am-3 pm

Closed: May 31

TTY 386-9108 (for the hearing impaired)

Classes and activities are subject to change. Please call to verify times and dates. A nominal instructor's fee plus a one-time \$1 registration is charged per class. All class and activity participants must purchase a \$2 annual membership card. Pool room open daily.

All classes will be held at the Northwest Senior Center, 6841 W. Lone Mountain Road unless specified otherwise. The following is a legend of other locations for programs.

Ongoing/Weekly Classes

♥Heart Healthy Activities

Monday

♥ 7:00 - 8:00 am	Total Fitness @ YMCA*	\$2
8:30 -10:00 am	Beg. Guitar/Music Theory	\$3
♥ 10:00 -11:00 am	Tai Chi	\$3
10:00 - 1:00 pm	Pinochle	free
10:00 -12:00 pm	Bowling @ Texas Station	\$1/game
10:00 -12:00 pm	Bocce	
♥ 11:00 -12:00 pm	Low Impact Aerobics	\$2
♥ 1:30 - 2:30 pm	Chair Fitness	\$2
♥ 3:00 - 4:00 pm	Yoga	\$3



Tuesday

♥ 8:00 - 9:00 am	Tighten, Stretch & Tone	\$1
♥ 9:00 - 9:45 am	Senior Circuit Fitness	\$2
11:00 - 1:00 pm	Cribbage	free
♥ 11:15 -12:15 pm	Slim & Trim w/Mary Lou @ YMCA*	\$2
♥ 12:00 - 2:00 pm	Ballroom, Latin, Swing, Country Dance	\$4
12:30 - 2:00 pm	Horseshoes	free
1:00 - 4:00 pm	Clay Sculpture (all supplies included)	\$25/class
♥ 2:00 - 3:00 pm	Breathing Body and Stomach Fitness	\$2*

Wednesday

♥ 7:00 - 8:00 am	Total Fitness @ YMCA*	\$2
♥ 8:30 -10:00 am	Beginning Line Dancing	\$3
♥ 10:00 -11:00 am	Tai Chi	\$3
10:00 -12:00 pm	Movies (call for monthly list)	free
♥ 11:00 -12:00 pm	Low Impact Aerobics	\$2
12:30 - 2:30 pm	Writing for Pleasure call for information	
♥ 3:00 - 4:00 pm	Yoga	\$3



Thursday

♥ 8:00 - 9:00 am	Tighten, Stretch, & Tone	\$1
♥ 9:00 - 9:45 am	Senior Circuit Fitness	\$2
8:00 - 9:00 am	Scrapbooking (call for location) (supplies can be purchased at class or on own)	Free
10:00 - 2:00 pm	Canasta	Free
♥ 1:30 - 2:30 pm	Chair Fitness	\$2
2:00 - 3:30 pm	Tote Painting (examples in lobby)	varies

Friday

♥ 7:00 - 8:00 am	Total Fitness @ YMCA*	\$2
♥ 8:30 - 10:00 am	Beginning Line Dancing	\$3
9:00 - 12:00 pm	Party Bridge	Free
♥ 10:00 - 11:00 am	Tai Chi	\$3
♥ 11:15 - 12:15 pm	Slim & Trim, Low Impact @ YMCA*	\$2
12:00 - 3:00 pm	Canasta	Free

Northwest Chat with Councilman Mack

Join Councilman Michael Mack for a fresh cup of coffee & light refreshments. This informal setting will provide you the opportunity to meet your Councilman and discuss ideas and concerns for Ward 6.

Thursday, April 22 10-11 am Free

*Site Legend:

YMCA3851 N. Durango (at Gowan)

Computer Classes

Computer Basics

Learn the computer keyboard, mouse, windows, printing, cut & paste, opening & closing, and much more. This is good for the novice to the intermediate student. Lots of information. Space is limited and advanced registration and payment required.

Mondays 9-11 am Fee: \$24 (4 weeks)

Session I: March 1, 8, 15, 22

Session II: April 5, 12, 19, 26

Beginning Word

This is the basic word class to start with for word processing and documents. Learn basic Word functions and applications. You must have keyboarding and mouse experience. Computer Basics is recommended. Space is limited and advanced registration and payment required.

Mondays 11 am-1 pm Fee: \$24 (4 weeks)

Session I: March 1, 8, 15, 22

Session II: April 5, 12, 19, 26

Intermediate Word

Want more Word? This is it. You will move into more advanced Word applications and word processing. Must have keyboard and mouse experience. Beginning Word is recommended. Space is limited and advanced registration and payment is required.

Mondays 1:30-3:30 pm \$24 (4 weeks)

Session I: March 1, 8, 15, 22

Introduction to e-mail/ Surfing the Internet Basics

Learn the basics of e-mailing, attachments, forwarding, and saving, plus You have heard all about it, now is the time to do it: Surfing. There is a vast world out there and it is just a click away. Registration is required & space is limited. *You must have basic computer knowledge including keyboard, word, and mouse.*

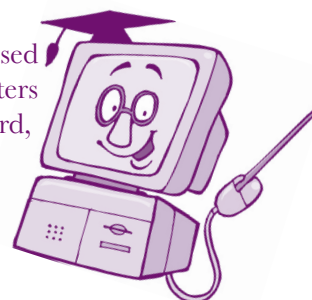
Session I: March 19 & 26 10-12 noon Fee: \$10 (2 weeks)

Computer Lab

Open to the public. Lab is closed when class in session. Computers are equipped with games, Word, Excel and Internet.

Monday-Friday 8 am-3 pm

Free (except of printing)



Breathing & Body Wellness/Fitness

Come join us while we come alive and energize through happiness put to music.

Light to moderate body tapping, some deep breathing and joyful dance are all a part of this exciting new way to fitness.

Tuesdays 2-3 pm \$2



Health Services Day

Tuesday, April 13

11 am

Northwest Senior Center

We want you to stay healthy.

Take advantage of the many free services being donated by agencies from throughout the valley. Call 229-4794 for complete details.

First come, first served. No reservations.

- Bone Density Testing and Carotid Artery Call Doctor
- Spinal Alignment Exam Dr. Jeff Kaiser
- Eye Screening Shepherd Eye Centers
- Hearing Screening David Groom Hearing Center
- Medical Identification Cards Palm Mortuary
- Organ Donor Cards Nevada Donor Network
- Social Security Information Social Security Administration
- Toenail Trimming Nevada Foot Institute
- Spinal Alignment Exam Dr. Jeff Kaiser
- Blood Pressure Check from Creekside Healthcare

More Northwest Activities →



Food & Luncheons Workshops and Activities

Space is limited and reservations are required.

St. Patrick's Holiday Luncheon

Join us for traditional Irish beef stew and fixings. Space is limited and reservations required. Tickets are on sale beginning February 13.

Friday, March 12	12:30 pm	\$4
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Springtime Vegetarian Luncheon

Don't let it fool you. A delicious and nutritious lunch will be the menu including fresh tossed salad, quiches, and seasonal vegetables. No meat, but dairy products will be served. Tickets are on sale beginning March 12.

Friday, April 9	12:30 pm	\$4
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Terrific Tacos

Enjoy this fun luncheon where you build the taco. Stack it the way you like it or make a tostada salad. Buffet of ingredients to build the perfect lunch: chicken, beef, vegetables, sauces, and cheeses. Traditional Mexican Flan will be dessert.

Friday, May 14	12:30 pm	\$3
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Memorial Day Celebration Potluck

We will be serving ham for a main dish. Please call in advance and tell us what dish you are bringing. Friday, May 28

12:30 pm	Free
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Soups' On

All homemade soups. Served with refreshments, bread and dessert.

Fridays	12:30-1 pm	\$2
March 5	Split Pea and Ham (Amy's favorite)	
March 19	French Onion	
April 2	Broccoli Cheddar	
April 16	Vegetable Dumpling	

Salad Bar

The seasons' are changing and so are we. It's time for the salad bar. Served with refreshments, bread and dessert.

Fridays	12:30-1 pm	Fee: \$2
May 7	Spinach & Tomato	
May 21	Egg Salad & Fresh greens	

Northwest Senior Center (continued)

Educational Workshops and Activities

For detailed information and to reserve your space, call the center at 229-4794.

Scrapbooking

Free class instruction, you may bring own materials or purchase from instructor. Classes are twice a month.

Thursdays 8-9 am Free (supplies not included)

Beg. Guitar Lessons/Learn to Read Sheet Music

Bring your guitar and learn how to read music. Come take beginning guitar lessons. Space is limited and reservations required.

Mondays 8:30-10 am \$3/class

Writing for Pleasure

This class will develop itself into what students' want-journal writing, publishing, letters, self-exploration. Instructor, Terrisa Meeks, is a local freelance writer. In addition to her commercial work, her essays and non-fiction have appeared in Personal Journaling, Writer's Digest Online, and at KNPR radio.

Wednesdays 12:30-2:30 pm call for fees

AARP Tax Assistance

Assistance is by appointment only.

Please call 229-4794 for an appointment.

Tuesdays, thru April 6

8:30am-12noon

Free

Writing for Pleasure

This class will develop itself into what students' want-journal writing, publishing, letters, self-exploration.

Instructor, Terrisa Meeks, is a local freelance writer. In addition to her commercial work, her essays and non-fiction have appeared in Personal Journaling, Writer's Digest Online, and at KNPR radio.

Wednesdays 12:30-2:30 pm

call for fees

Free Probate Q&A and General Law Seminar

Sponsored by the City of Las Vegas Senior Law Project. Coffee and donuts will be served.

Tuesday, May 25 10 am Free

Social Groups/Events

Mary Kay Makeovers

Let Uzuri give you a Mary Kay facial. Space is limited; advance registration is mandatory and some restrictions apply. Call 229-4794 for an appointment.

Tuesdays 9-10 am Free

March 2, April 6, May 4

AARP 55 Alive Mature Driving Course

Advance registration is required. Space is limited, please call 229-4794 for reservations.

Tuesday, April 20 & 27

8:30am-12:30 pm \$10

Monthly Birthday Party

Each person with a birthday of that month and a guest is invited to join us for a party. Cake and refreshments will be served. Let us celebrate your birthday with you! Reservations are not required.

2nd Wednesday of the month 2 pm Free

Senior Singles Social

Meet other singles and make new friends. Meeting new people can be hard especially for singles. This is the way to do it. Refreshments provided. Reservations recommended but not required.

1st & 3rd Monday of month 1-3 pm Free

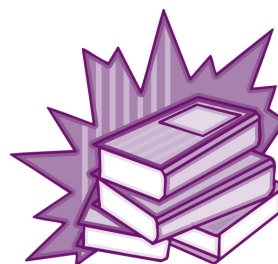
March 1 & 15, April 5 & 19, May 3 & 17

Bunco

Reservations are required. You fee includes a light lunch and prize money for wins, losses and buncos.

1st & 3rd Wednesday of Month 12:30 pm \$4

March 3 & 17, April 7 & 21, May 5 & 19



Book Club

The club will choose the following months book at current meeting. Call 229-4794 for book title. Must be prepared to discuss book on scheduled day. Books available for check-out at local library.

2nd Monday of Month

1-4 pm

Free

March 8, April 12, May 10

Red Hat Society

Are you over 55 years old? Do you have a red hat and a purple dress? Then you can be a member of this nationally recognized social group. Come on in and have some fun.

4th Monday of month 1-4 pm

Free

March 29, April 26, May 24

Senior Citizens Law Project

Sheri Cane Vogel, Esq., Project Administrator

3100 W. Sahara Ave., Suite #116 (702) 229-6596 (702) 384-0314

Open: Monday-Friday, 8 am-5 pm By Appointment Only

Closed: May 31

TTY 386-9108 (for the hearing impaired)

The City of Las Vegas Senior Citizens Law Project provides quality legal counsel and assistance to Clark County residents 60 years and older. There is no charge for services, however, donations are accepted. Clients are seen daily Monday-Friday, 8 am-5 pm by **appointment only**. Call 229-6596 to schedule an appointment.

THE SENIOR CITIZENS LAW PROJECT PRESENTLY PROVIDES ADVICE AND ASSISTANCE IN MATTERS WHICH INCLUDE:

- Simple Wills (the SCLP does not prepare Living Trusts)
- Advance Directives (Living Wills and Durable Power of Attorney for Health Care)
- Power of Attorney (General and Special)
- Consumer Disputes and Small Claims Instructions
- Landlord/Tenant Disputes
- Social Security Problems and Other Public Entitlements
- Homesteads
- Termination of Joint Tenancy
- Affidavits of Entitlements
- Intervention of Elder Abuse Matters
- Legal Advice, Information and Referrals



Monthly Outreach

Senior Citizens Law Project Counselors go to the following outreach centers on a bi-weekly and monthly basis.

Please call 229-6596 to make an appointment to visit with a counselor at the following sites:

Lieburn Senior Center, 6230 Garwood, Las Vegas, NV 89107

Fridays 10 am-12 noon

March 5 & 19; April 2, 16 & 30; May 14 & 28

East Las Vegas Community Senior Center, 250 N. Eastern Avenue, Las Vegas, NV 89101

Fridays 10 am-12 noon

March 26; April 9 & 23; May 7 & 21

Doolittle Senior Center, 1940 North "J" Street, Las Vegas, NV 89106

Thursdays 10 am-12 noon

March 25, April 15, May 20

Henderson Senior Center, 27 E. Texas, Henderson, NV 89015

Tuesdays 9 am-12 noon

March 2, April 6, May 4

Boulder City Senior Center, 1001 Arizona Street, Boulder City, Nevada 89005

Tuesdays 9 am-12 noon

March 9, April 13, May 11

March 2004 Seminars Throughout The Community

Elder Law Attorneys Bob Kortland and Julie Arnold will be conducting free “Advance Directives/General Law Seminars at various locations throughout the valley. Clients are seen by appointment only. To schedule an appointment at any of the aforementioned locations, please call 229-6596.

Tuesday, March 9 12 noon

Location: Cora Coleman Senior Center, located at 2100 Bonnie Lane (near Nellis and Hollywood)

Thursday, March 18 10 am

Location: Monsignor Senior Citizens Complex, 561 N. Mojave

Wednesday, March 24 10 am

Las Vegas Library/Clark County Library, 833 N. Las Vegas Boulevard

Wednesday, March 31 12 noon

“You and Your Car/General Legal Seminar”

Location: Dula Gymnasium, 441 E. Bonanza Road

April 2004 Outreach Throughout The Community

2nd Annual Nevada Health Care Planning Day

We will be hosting the 2nd Annual Nevada Health Care Planning Day. This is a free event open to all Clark County residents 60 years of age and older. There will be free breakfast and lunch refreshments provided as well as several health care providers and pro bono attorneys available to answer any questions.

Come join us for free food, entertainment, healthcare screening and legal assistance, information and documents!

Thursday, April 22 9:30 am-3 pm Free

Location: East Las Vegas Senior Center, 250 N. Eastern Avenue (Stewart & Eastern)

May 2004 Outreach Throughout The Community

Elder Law Attorneys Bob Kortland and Julie Arnold will be conducting free “Probate Q&A/General Law Seminar” at various locations throughout the valley. Clients are seen by appointment only. To schedule an appointment at any of the aforementioned locations, please call 229-6596. Free refreshments will be provided.

Wednesday, May 5 11 am

“Probate Q & A Seminar”

Location: Derfelt Senior Center, 3333 W. Washington Avenue (near Washington/Valley View Boulevard)

Wednesday, May 25 10 am

“Probate Q & A Seminar”

Location: Northwest Senior Center, 6841 W. Lone Mountain Road, (near Rancho/Lone Mountain)

Wednesday, May 26 10 am

“You and Your Car/General Law Seminar”

Location: Lieburn Senior Center, 6230 Garwood Avenue, (near Jones/Alta)



**Want a great workout in the water?
Stop by one of our seasonal pools
to get fit this summer!**

Garside & Hadland - open June 7-August 14

Doolittle & Pavilion - open June 8 - September 2

Adult Water Fitness

Doolittle (1901 N. J. Street) Wed., 6:30-7:30 pm or Tues./Thurs., 9:30-10:30 am

Garside (300 S. Torrey Pines)..... Tues./Thurs., 9:30-10:30 am

Hadland (2800 E. Stewart)..... Mon./Wed., 9-10 am

Muni (431 E. Bonanza Rd.)..... Fri., 8:30-9:30 am

Pavilion (101 N. Pavilion Center Dr.).... Mon./Wed./ Fri., 6:30-7:30 pm or Tues./Thurs., 10-11 am

Call 229-6309 for more information or directions to the pool.



Senior Dimensions® is a product
of Health Plan of Nevada, Inc.

Wouldn't it be great to be Fit For Life?

With the Senior Dimensions Fit for Life Club, you can enjoy a variety of fitness-related activities at no additional cost. Staying healthy is important! That's why Senior Dimensions and the Department of Leisure Services Senior Citizen Programs Division have come together to provide members with health and fitness opportunities throughout the City. If you are currently a Senior Dimensions member and have questions about the Fit for Life Club, call (702) 242-7301 or 1-800-650-6232, TTY: 1-800-349-3538 Monday-Friday, 8 am - 5 pm.



**749 Veterans Memorial Dr.
Las Vegas, NV 89101**

City of Las Vegas

Mayor Oscar B. Goodman

Mayor Pro Tem Gary Reese

City Council: Larry Brown,

Lynette Boggs McDonald,

Lawrence Weekly, Michael Mack,

Janet Moncrief

City Manager Douglas A. Selby

Deputy City Managers:

Betsy Fretwell, Steve Houchens

Department of Leisure Services

Director Barbara P. Jackson, DPA

Senior Citizen Programs Division

Manager, Amy Carver, CPRP

Supervisor, Sydell MacKay